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NEWS WORTH SHARING.

More arrests in Boston

Three friends of marathon bombing suspect stand accused of concealing evidence PAGE 9

Nothing to snooze at

Coastal City Ballet is bringing A Midsummer Night's Dream to stage in Maple Ridge and North Vancouver PAGE 13

ABCs of skin creams

Are multitasking BB, CC and DD creams worth the hype, or are they just a marketing ploy? PAGE 17

Cop faces sentencing

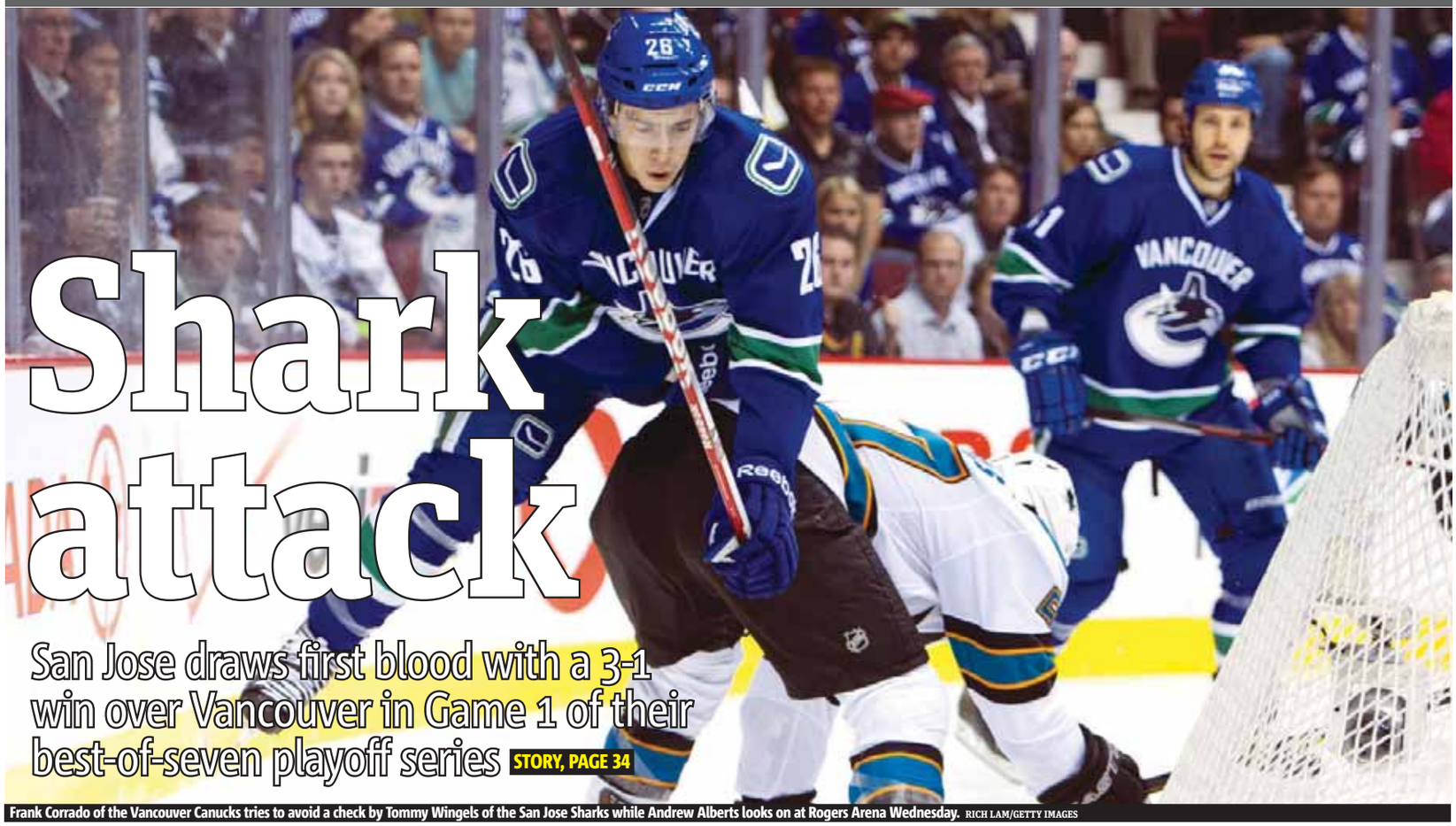
Former Kelowna Mountie who kicked man in the face will learn his fate Thursday PAGE 6

Big Pharma's big dough

Researcher suspects link between political donations and Liberals' decision to cut funding for drug watchdog PAGE 3

Bachman not guilty

Bachman-Turner Overdrive co-founder cleared of sex charges involving foster child PAGE 4



Shark attack

San Jose draws first blood with a 3-1 win over Vancouver in Game 1 of their best-of-seven playoff series STORY, PAGE 34

Frank Corrado of the Vancouver Canucks tries to avoid a check by Tommy Wingels of the San Jose Sharks while Andrew Alberts looks on at Rogers Arena Wednesday. RICH LAM/GETTY IMAGES

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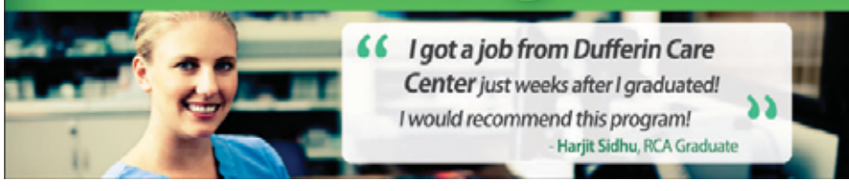

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Gang warfare

Greek police nab man wanted in local 'execution'

Officials are working to extradite a man who escaped to Greece after police say he staged a "public execution" in the ongoing Metro Vancouver gang war.

Local police announced Wednesday that Rabih "Robby" Alkhalil is being held by Greek authorities and will face first-degree murder charges for the shooting of gangster Sandip Duhre in January 2012.

Duhre was gunned down in the restaurant of the Vancouver Sheraton Wall Centre in front of hundreds of witnesses.

"We believe this was a well-planned public execution," said Supt. Mike Porteous of the VPD Investigation Division.

"We also believe it was a contract killing related to the ongoing Lower Mainland gang conflict," he said.

Alkhalil, 25, was already wanted for his role in the murder of Johnnie Raposo, a mobster shot and killed outside a cafe in Toronto.

Alkhalil is also wanted on drug- and organized-crime-related offences in Quebec and Ontario.

Duhre, 36, was known to police for his involvement in a Lower Mainland gang and for his connection to the shooting death of gangster Jonathan Bacon in Kelowna in 2011.

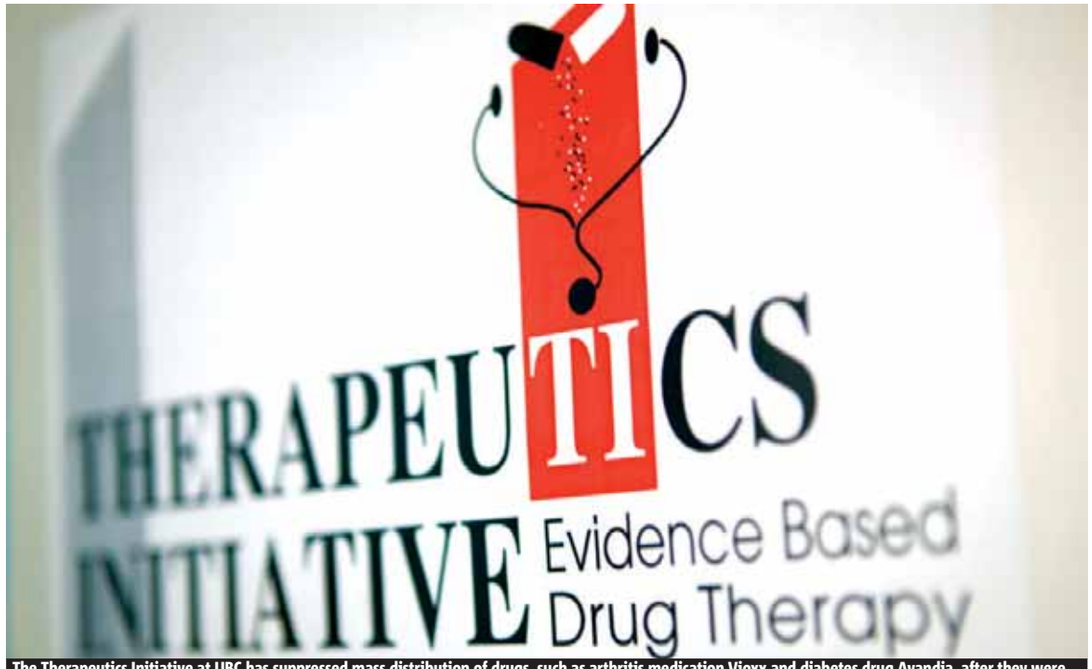
Porteous said it is "entirely possible" that Duhre was murdered because of his alleged involvement in the Bacon shooting.

"There was definitely a lot of tit-for-tat on dozens of murders throughout the region and in Kelowna."

Alkhalil fled to Greece after Vancouver police began investigating him in Montreal, said Porteous.

Greek police arrested Alkhalil when he was pulled over for a traffic violation. They found he was flagged on an Interpol database.

TYLER HARBOTTLE/THE CANADIAN PRESS, EXCLUSIVELY FOR METRO



The Therapeutics Initiative at UBC has suppressed mass distribution of drugs, such as arthritis medication Vioxx and diabetes drug Avandia, after they were discovered to have fatal side-effects. ERIC DREGER/THE CANADIAN PRESS

Do politicians bow to drug-industry donors?

Therapeutics Initiative. Researcher looks at role of Big Pharma in politics after watchdog gets axe

KATE WEBB
kate.webb@metronews.ca

Anyone wondering why the Liberal government would axe funding for B.C.'s only independent drug watchdog need only follow the money, according to a UVic pharmaceutical policy analyst.

Researcher Alan Cassels ran the names of more than a dozen major drug companies, lobby groups and pharmacies through the province's online Financial Reports and Political Contributions System this week, after NDP Leader Adrian Dix attacked the Liberals on Monday for killing the Therapeutics Initiative at UBC.

He found since 2005 the industry's donations to the Liberals have totalled $546,772 — outstripping the NDP's total of $49,500 11-to-one.

"Clearly (pharmaceutical companies) want influence, and money buys influence," Cassels said after sharing his findings with Metro on Wednesday.

Premier Christy Clark defended her decision in a radio debate on Friday, saying that the decision was made out of respect for the private sector.

But Dix has promised, if elected, to immediately reinstate the initiative's annual funding to its previous level of $1 million and double that budget next year.

Dr. James Wright, chair of the Therapeutics Initiative (TI), said Wednesday the Liberals' decision has caused great distress to his staff of independent researchers, who have managed to keep a number of dangerous and pricey drugs off the mass market.

He said that unless the centre's funding is restored, he will have to lay off his 30 part-time staff in June.

"The TI would basically be gone. It's taken us 19 years to get this team together, so it would be a big debacle."

Wright said he has requested meetings with B.C. Health Minister and former family doctor Margaret MacDiarmid, but was denied.

Accusations

"If a $500,000 investment over eight years resulted in killing the Therapeutics Initiative, that might have been a useful expenditure of funds."

University of Victoria pharmaceutical policy analyst Alan Cassels

At stake

Without funding, the chair of TI says the program's current research into the dangers of new medications, such as statins — a group of cholesterol-lowering drugs that have been linked to kidney damage and diabetes — will go uncompleted.

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5 TAILS, ONE STORY

Canada Post and the Canadian Federation of Humane Societies (CFHS) have teamed up on the Choose Pet Adoption stamp issue. Meet the stars of the stamps above. Use them on your mail to help raise awareness about pet adoption as the first choice when bringing a new animal into a family!

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CANADA POST POSTES CANADA

Denny Bourgeois shreds at the recently opened UBC campus skate park, the first of its kind in North America, on Tuesday.
ERIC DREGER/THE CANADIAN PRESS

Campus skate park gets mixed reactions

First in North America. New Vancouver skater haven draws praise for its convenience but not for its creativity

CARA MCKENNA
The Canadian Press
exclusively for Metro

Skateboarders will be hitting the books at the University of B.C. this summer — but not in the way one would think — at the first campus skate park in North America.

The skate park, which officially opened Wednesday, features a large stack of books made of concrete and steel for skaters, BMXers and rollerbladers to use in their tricks, flips and jumps.

Flippin' busy

"There's never been a time, I've noticed ... that it's been not populated and animated."
UBC's director of transportation planning Carole Jolly

The park was a $450,000 project between UBC and the University Neighbourhoods Association and is open to the general public.

Jarrod Au was one of about a dozen boarders to hit the park Wednesday afternoon.

He has been skateboarding for about 15 years and thinks there is a constant need for new parks in Metro Vancouver because most are constantly full and busy.

But Chad Iverson, another boarder of 15 years, said he finds the park bland, given UBC's reputation as an innovative university.

"Nothing's changing, nothing's new. It's just the same obstacles laid out throughout each park," said Iverson.

Iverson said he is a bit let down that skateboarders weren't consulted to create something more interesting.

Erica Frank of the University Neighbourhoods Association, who also teaches at UBC, said the idea was sparked when she noticed her 16-year-old son's friends skateboarding down the middle of a street.

THE ASSOCIATED PRESS

Rocker Bachman found not guilty on sex charges

Tim Bachman, who co-founded the iconic Canadian rock band Bachman-Turner Overdrive, was found not guilty Wednesday of sex charges brought by a woman who says he abused her when she was a pre-teen foster child in his home.

B.C. Supreme Court Justice Neill Brown concluded the testimony of Stacy Bohun, now 24, was unreliable because of inconsistencies in her statements over the years.

"I did not find Ms. Bohun was a deliberately dishonest witness," the judge concluded.

No regrets

Despite the acquittal, Bohun said outside court she was glad she came forward publicly and hoped it would help other victims.

But he noted the Crown's evidence fell short of what was needed to convict.

"I find her evidence (too) unreliable to rest a criminal conviction upon it," Brown said. "The Crown evidence falls short and leaves me with a reasonable doubt."

Bohun testified that when she was between the ages of 11 and 14 she was living in Bachman's home and was in a "sick relationship" with him that involved groping and fondling but never intercourse. She said Wednesday she was disappointed with the verdict.

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No need to drum up support or donations, just check in

Foursquare mayor. Lyndon S. snagged the online 'mayorship' of Vancouver's city hall after checking in via an app 18 times in the past two months

EMILY JACKSON
emily.jackson@metronews.ca

He may get to sit behind a stately desk at 12th and Cambie, but in the virtual world Gregor Robertson isn't the mayor of Vancouver's city hall.

Though Robertson actively maintains Twitter, Sina Weibo and Instagram social-media accounts, neglect of the location-based Foursquare has let user Lyndon S. take over the online "mayorship" of Vancouver city hall.

Foursquare, an app that lets users check-in to places to keep tabs on friends and get deals, awards the mayor title to the user who checks-in to one location most in the past 60 days.

Vancouver's virtual mayor of city hall checked-in 18 times in the past two months, beating a total of 652 users that have checked-in to city hall 2,508 times.

Lyndon S., who holds 62 mayorships around Vancouver including at bus stops and coffee shops, couldn't be reached for comment on how it feels to hold such a prestigious position.

But the mayor's office isn't worried about Robertson's lack of presence on Foursquare, at least in the traditional sense. The mayor uses location services provided by Foursquare whenever he posts a photo on Instagram.

Here's proof that Mayor Gregor Robertson was at city hall in the past 60 days, even though he's not the virtual mayor on Foursquare. INSTAGRAM: @VANMAYORSOFFICE

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Officer faces probation for kicking man in face

A former Kelowna RCMP officer who admitted to kicking a man in the face two years ago will be sentenced on Thursday.

At a court hearing on Tuesday, Geoff Mantler, who has since resigned from the force, read a letter of apology, saying he was deeply sorry for and regretted his actions.

Mantler pleaded guilty to assault causing bodily harm last year after he was caught on video kicking Buddy Tavares in the face while Tavares was on his hands and knees on a street.

During a victim-impact statement, Tavares told the court he relives the incident every time he has a headache or panic attack.

The Crown has called for a suspended sentence, a firearms ban and 18 months of probation, while Mantler's lawyer has asked for a conditional discharge.

Outside court, Tavares said he was pleased Mantler had quit the RCMP.

"My biggest fear was he was going to get his job back. I honestly believe it was just a matter of time till he killed somebody."

THE CANADIAN PRESS

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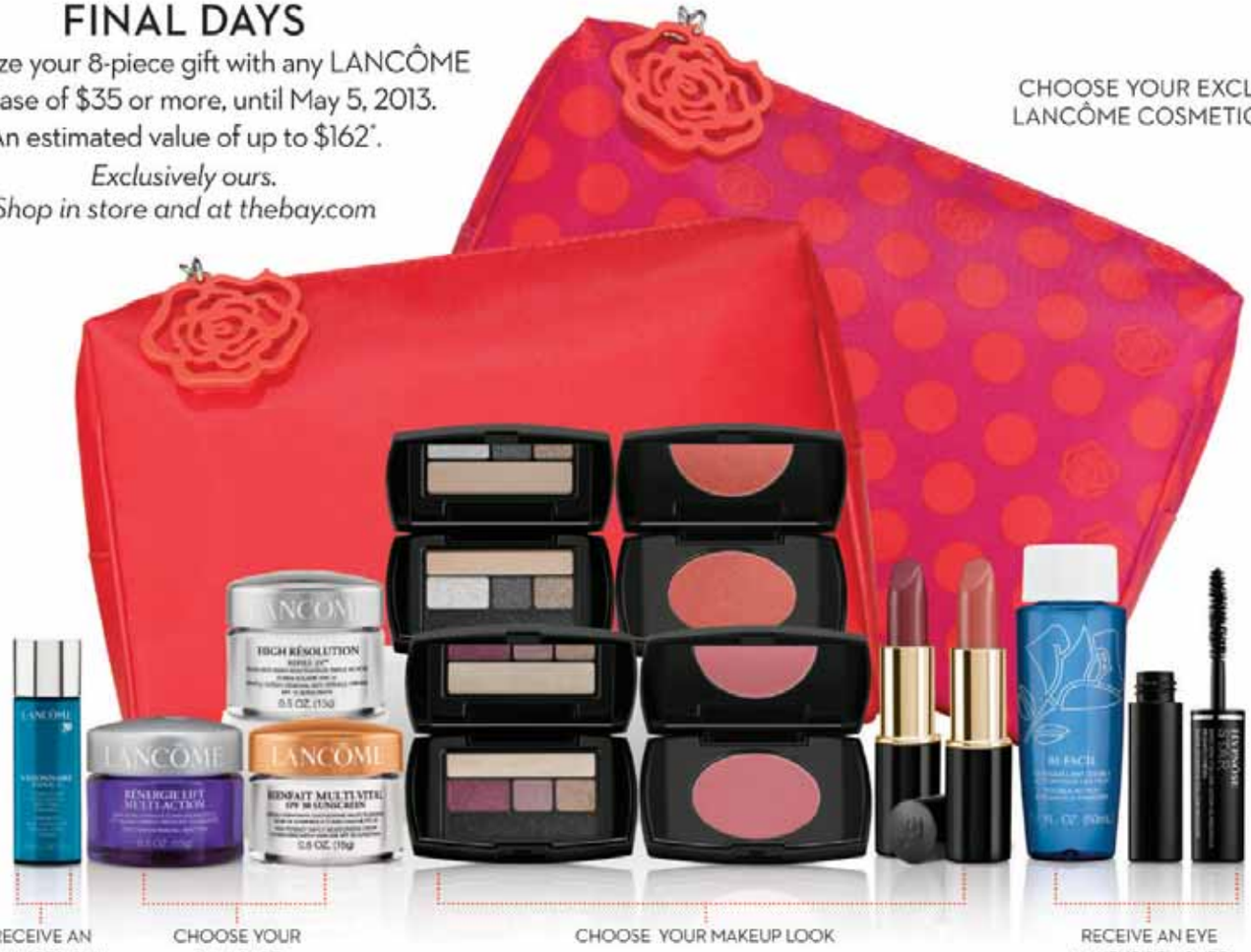

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Alleged bomber's friends threw out evidence: FBI

19-year-olds charged. Two of three students arrested were previously jailed on allegations they were in violation of their student visas

Three college friends of Boston Marathon bombing suspect Dzhokhar Tsarnaev were arrested and accused Wednesday of removing a backpack containing hollowed-out fireworks from Tsarnaev's dorm room three days after the attack to keep him from getting into trouble.

In court papers, the FBI said one of them threw the backpack in the garbage — it was later found in a landfill by law enforcement officers — after the young men concluded from news reports that Tsarnaev was one of the bombers.

Azamat Tazhayakov and Dias Kadyrbayev, both 19-year-olds from Kazakhstan, were charged with conspiring to obstruct justice by concealing and destroying evidence. Robel Phillipos, 19, who graduated from the prestigious Cambridge Rindge and Latin High School with Tsarnaev, was charged with lying to investigators about the visit to Tsarnaev's room.

The three were not accused of any involvement in the bombing itself. But in a footnote in the court papers outlining the charges, the FBI said that about a month before the bombing, Tsarnaev told Tazhayakov and Kadyrbayev that he knew how to make a bomb.

If convicted, each of the accused could receive a multi-year prison sentence and a fine of up to $250,000.

THE ASSOCIATED PRESS

This April 20 photo shows the front tag on a 2006 BMW that is allegedly registered to Dias Kadyrbayev, charged with conspiring to obstruct justice in the Boston bombing investigation. One of Kadyrbayev's lawyers said the plate was just a joke gift from friends of the 19-year-old. ERIKA NIEDOWSKI/THE ASSOCIATED PRESS

Accident. 2-year-old girl killed by brother, 5, with gun received as a gift

A five-year-old U.S. boy accidentally shot his two-year-old sister to death with a rifle he had received as a gift last year, Kentucky authorities said.

The children's mother was home at the time Tuesday afternoon but had stepped out to the front porch for a few minutes and "she heard the gun go off," Cumberland County Coroner Gary White said. He said the rifle was kept in a corner, and the family didn't realize a bullet was left inside it.

White told the Lexington Herald-Leader newspaper the boy received the .22-calibre rifle, especially made for children, as a gift.

White identified the gun as a Crickett, referring to a company that specifically makes guns, clothes and books for children. "It's a little rifle for a kid.... The little boy's used to shooting the little gun."

The shooting, while accidental, highlights a cultural divide in the U.S. debate over gun control, which again became a top issue after 20 young children and six adults were shot dead at a Connecticut school in December. While many urban and suburban areas work to keep guns out of the hands of children, it's not uncommon for youths in rural areas to own guns for target practice and hunting. THE ASSOCIATED PRESS

'My first rifle'

Keystone Sporting Arms produced 60,000 Crickett and Chipmunk rifles in 2008, according to its website.

- The smaller guns come in all sorts of colours, including blue and pink.
- The company's slogan is "my first rifle," and its website has a "Kids Corner" section with photos of children at shooting ranges and on bird and deer hunts.

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In this online ad for Mountain Dew, the goat in the police lineup makes threatening remarks to the injured woman such as, "Ya better not snitch on a playa" and "Keep ya mouth shut." She eventually screams, "I can't do this, no no no!" and runs away. YOUTUBE.COM

Celeb-made Mountain Dew ad leaves bad taste

Hip or horrible? PepsiCo pulls online spot depicting battered woman being threatened in police lineup

PepsiCo is once again learning the risks of celebrity partnerships after an ad for Mountain Dew was criticized for portraying racial stereotypes and making light of violence toward women.

The company said it pulled the 60-second spot after learning people found it offensive. The ad was part of a series developed by African-American rapper Tyler, the Creator, and depicted a battered white woman on crutches being urged to identify a suspect out of a lineup of black men.

A goat character known as Felicia is included in the lineup and makes threatening comments to the woman, such as "Ya better not snitch on a playa" and "Keep ya mouth shut."

The woman eventually screams, "I can't do this, no no no!" and runs away. The word "do" is in apparent reference to the soft drink's Dew It slogan.

THE ASSOCIATED PRESS

Iowa

Mentally disabled plant workers awarded $240M

A jury on Wednesday awarded a total of $240 million US to 32 mentally disabled Iowa turkey processing plant workers for what an expert witness described as years of "virtual enslavement" by the company that oversaw their care, work and lodging. The jury found that Henry's Turkey Service, of Goldthwaite, Texas, violated the Americans with Disabilities Act.

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Market Minute

DOLLAR 99.20¢ (-0.06¢)

TSX 12,321.29 (-135.21)

OIL $91.03 US (-$2.43)

GOLD $1,446.20 US (-$25.90)

Natural gas: $4.32 US (-2¢)
Dow Jones: 14,700.95 (-135.85)

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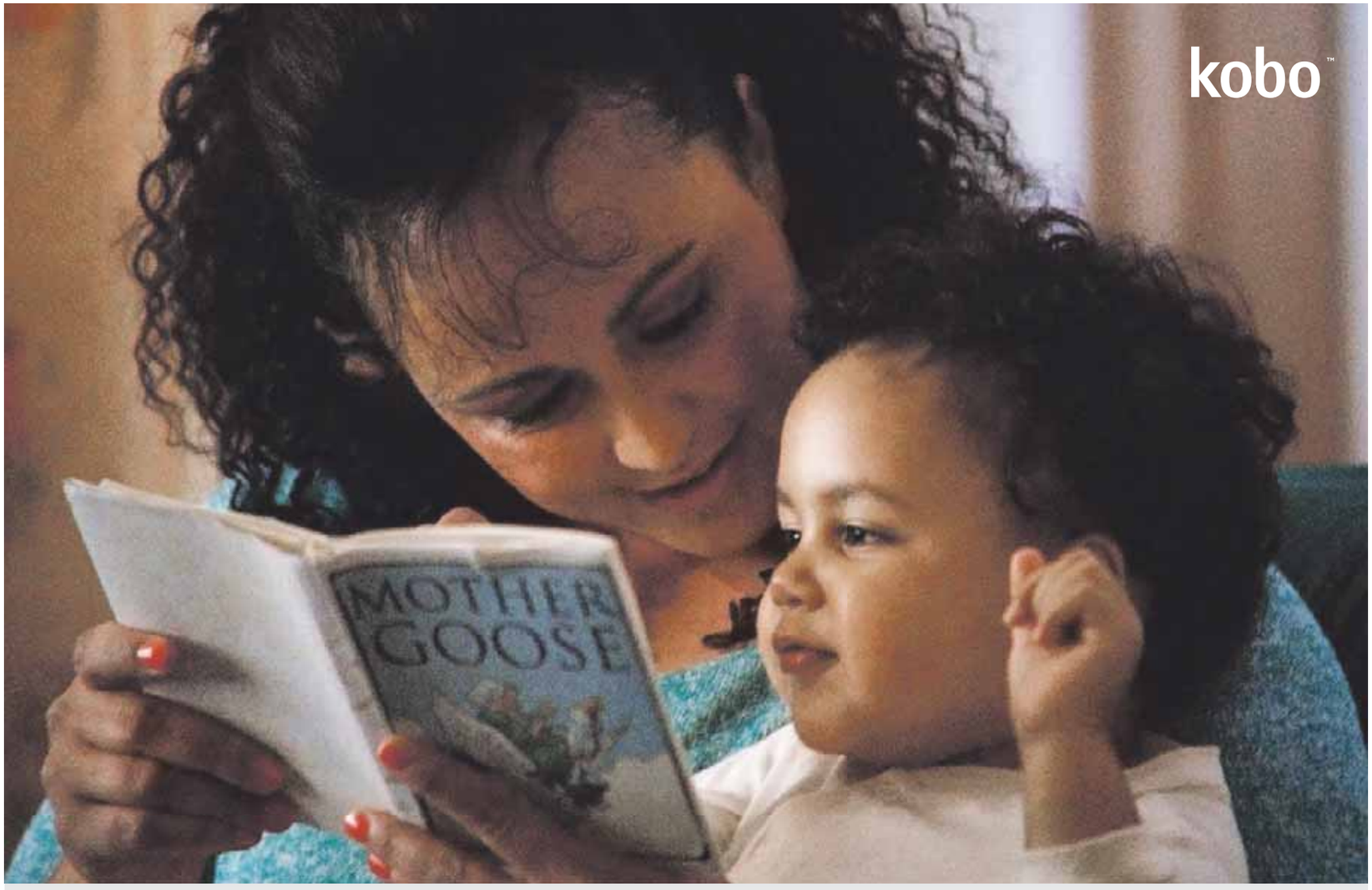

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HE SAYS

John Mazerolle
metronews.ca

Dearest readers,

By the time you read this, I may have already been mocked.

As I write this, Game 1 in the playoff series between the Boston Bruins and the Toronto Maple Leafs has not yet been played. It promises to be a war and, as a fervent Bruins fan in Toronto, I'm trapped behind enemy lines.

Toronto is Canada's team — or so certain Leafs fans never tire of telling me — and here I am right in the belly of the buds. If Toronto was victorious in the first battle, the verbal and psychological abuse may have already begun. And if the Bruins took the skirmish, who knows what blowback I might be facing?

A number of people, concerned about my well-being, have asked what it's like to be a die-hard fan of one team while living in a rival team's city. In response, I scratch out this humble letter, keeping myself sane on the eastern (conference) front with pieces of chocolate and a few pin-up girls I've been able to find on the Internet.

I try to blend in here, but I fear my Bruins toque, two Bruins jackets, two Bruins T-shirts, four Bruins baseball caps, Bruins key chain and Bruins rubber bracelet may be giving me away.

Fortunately, most Leafs fans don't seem to notice me; they're too busy celebrating that they've made the playoffs for the first time since the Earth was hot and molten. They stumble around with goofy grins, shaking the rust of fandom off, yelling on the streets that they're "ready for the ... after-games ... tournament thing!"

But I must be careful not to prod. As I said, by now the Leafs may be up 1-0 in the series, and I'll be dodging the shots and cuts and jabs of co-workers and passersby. Just yesterday somebody said, "Your jacket looks terrible." The wound still festers.

I always live in fear of the perfect put-down, the one that will shame me and shut me down forever. Fortunately the best most people can do is, "Your team's best player sucks!"

And, in truth, Maple Leafs fans are remarkably gentle. It might be because the young men most likely to be jerks haven't had anything to strut about since they were 11. It might be because buying a game ticket requires a bailout from the World Bank. Or it might just be Toronto's easygoing nature.

Whatever it is, Leafs fans are not the threatening sort. Yet.

Compare that to, say, Philadelphia, where Flyers fans would gladly decapitate me at the gates of Wells Fargo Center and use my head as a clapper in the Liberty Bell.

Yes, I do consider myself a hero.

But I'm not alone. Right across this country there are people like me: Calgary fans in Edmonton, Edmonton fans in Vancouver, Montreal fans in Winnipeg. Rangers, Bruins and Blackhawks fans have infiltrated the North. And Maple Leafs fans seem to be everywhere, like spruce budworm.

God, I even know an Islanders fan, may his soul find rest.

Yes, we sports fans who value laundry over geography are legion. So, no matter what the outcome over the next two months, I will walk brave and true through enemy territory, knowing I have an army of like-minded soldiers at my back.

Unless, of course, the Leafs win the Stanley Cup, in which case I'm moving to Ouagadougou.

Don't bother writing.

ZOOM

C'mon, let's just wing it!

KARIN THORELL/REX FEATURES

First time taking flight for chicks

This amazing image shows goldeneye chicks (Bucephala clangula) taking a leap of faith as they leave their nest for the first time. In a heart-stopping scene, the mother urged the young sea ducks to jump a few metres to the ground. METRO

Photog's words

- "The mother knows when all the kids are out of the eggs and then she jumps out, down on the ground. She stands and makes special sounds to get the chicks to jump. In a moment, the little ones begin to jump out, and you will see the sweet birds coming one by one, all jumping in different styles as you can see."

Ducking out

"I had to wait two-and-a-half-hours to get this shot. It brought a tear to my eye."

Karin Thorell, nature photographer from Överkalix, Sweden

Click bait

ANDREW FIFIELD
andrew.fifield@metronews.ca

So now that a particularly nasty winter is behind us (most of us), the yearning for an escape to far-flung locales may have eased a bit. But there are still rainy days ahead, so why not spend one of them exploring the world? Here are three ways to do it.

Instahood:
Using Google Street View to investigate a neighbourhood can be a little Grand Theft Auto-like since you can't really enter any buildings and poke around. Instahood gets you closer to the real feel of a city (and its duck-faced selfies) through tagged photos on Instagram. (instahood.meteor.com)

Koozoo:
A newly released iOS app that allows users to broadcast video — either recorded or live — from their home city. Broadcasting is still in beta and limited to San Francisco and Austin, Texas, so file Koozoo under 'very promising' for now. (koozoo.com)

Tetsudo Now:
Tokyo's public-transit system is a breathtaking sprawl of remarkable efficiency, and you can watch it play out on a real-time map that provides arrivals information for its millions of users. (demap.info/tetsudonow)

Twitter

@metropicks asked: As the NHL playoffs get underway, we want to know: what's your playoff regime? Lucky pants? Not shaving?

@kajomha: wear a rain coat when going to Detroit games because I don't want to be showered with squid goo

@bobbyboucher604: wear jersey, & other @VanCanucks gear to the office, have large size flag in front window @ home, this yr some Ginga Ninja beer

@EthanDR: I use my luc ky Netscape Navigator browser

@EvanPetrie17: Never really had one, Leafs finally made playoffs for the first time in 9 yrs. Maybe I won't wash this Leafs shirt. #Leafs

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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It's never too early to think of a Midsummer Night's Dream

Shakespeare in ballet. Coastal City Ballet takes beloved play and the elegance of the bard's words and turns them into a celebration of dance

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Are you looking to kick the summer off right with some mischief, magic and misadventure?

If so, look no further than Coastal City Ballet's newly commissioned choreographic vision of Shakespeare's A Midsummer Night's Dream, coming to a theatre near you — if you live in Maple Ridge or North Vancouver.

You'd be forgiven if you haven't heard of Coastal City Ballet.

After all, it's only in its second season. But artistry loves company — and our neck of the woods could always use more of it.

CCB, according to its website, is a Vancouver-based pre-professional ballet company that provides young aspiring dancers with pro-level performance and training opportunities.

This particular production — which rounds out the company's sophomore season — is choreographed by Irene Schneider, former artistic director of Germany's Magdeburg Ballet.

Coastal City Ballet is only in its second season, but it is already taking on some ambitious projects. HANDOUT

"Shakespeare's A Midsummer Night's Dream is among his most beloved plays," says CCB artistic director, Li Yaming.

"His beautiful words dance on the page with their depictions of impassioned lovers, graceful fairies and harrowing forest chases.

"With this production, we aim to translate the elegance of his language into the joyous, expressive form that is dance."

Coastal City Ballet presents A Midsummer Night's Dream at ACT in Maple Ridge on Sunday, May 5; and at the Centennial Theatre in North Vancouver on Tuesday, May 7. Tickets are $30; $22 students/seniors. More information at CoastalCityBallet.com.

Global gabbing

The UBC Museum of Anthropology's upcoming Global Dialogue series — called MOA Global Dialogue: Nomadic Aesthetics and the Importance of Place — doesn't quite roll off the tongue, but it looks pretty interesting nonetheless. It features lectures, debates and Q&As with guest speakers, including writer/musician/producer Jian Ghomeshi, photog and video artist Jayce Salloum, architect Tony Chakar, and more. It runs from May 9 to 11 at MOA. Visit MOA.UBC.ca for more info.

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Deerhunter frontman Bradford Cox. ASSOCIATED PRESS

Singer Cox's 'very dark' times give edge to Deerhunter's latest

Monomania. Lead man's late boozy nights also played their part, as did his vast collection of 600 songs

Bradford Cox wrote what would become the final track of Deerhunter's forthcoming album, a song called Punk, at a friend's house in New York during what he describes as a very difficult time. He'd gone north to get away from personal turmoil in his hometown of Atlanta, taking few items other than a borrowed leather jacket.

Before work could start on the album, the band faced more difficulty — the departure of its longtime bassist Josh Fauver — which made Cox fear the band would break up.

It did not, but Cox still wound up playing a melodic bass line on Punk during recording sessions earlier this year. The reason for the extra duties wasn't personnel-related. "I played a lot of stuff on that song, but that's only because the demo is so confusing because I was drunk when I made it," he said during an interview at his house in Atlanta. "I was in character for that song."

The smouldering, propulsive track was part of a burst of songwriting within the past two years that Cox says resulted from "very dark" things that he declined to explain further. These songs form the bulk of Monomania, the band's fifth full-length album due to be released on May 7.

Anticipation for the album was goosed by a performance of the noisy title track in early April on Late Night With Jimmy Fallon, which was analyzed on more than a dozen music blogs under headlines describing it as "brilliant, bizarre." The band's past two albums also each landed near the top of year-end lists.

Cox, who turns 31 on May 15, said the band had been doing all-night rehearsals to prepare for a string of tour dates around the Southeast before they head to Europe for club shows and festivals. The day of the interview, they'd practiced until 7 a.m. and Cox had awakened not long before a reporter showed up in the late afternoon.

"I sleep all day. That's what I do," he said. "I'm like a bat."

The new album is a collage of elements familiar to Deerhunter fans — cacophony interspersed with tunefulness, guitar tones that range from scratchy to soothing and vocals that occasionally dissolve into distortion.

THE ASSOCIATED PRESS

Batman sings

"I sleep all day, that's what I do. I'm like a bat."

Bradford Cox, lead singer of Deerhunter
On what his creative life is like

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Happy to play Ho Hey every day

The Lumineers have played sparingly in Canada thus far, but that is due to change. CANADIAN PRESS/AP/INVISION

The Lumineers. Lead singer Wesley Schultz talks about returning to Canada, their big hit and the importance of following it up

The Lumineers, the Denver-based folk-rock band who authored the rousing smash single Ho Hey, have played sparingly in Canada, so they have a clear memory of the few gigs they have played north of the border.

One in particular stands out to frontman Wesley Schultz. It was last June, when the Lumineers' self-titled debut had been out for a couple months but the hand-stitched Ho Hey was still hovering around the fringe of the Billboard singles chart. The band was scheduled to play a (non-headlining) show at Toronto's historic but cosy Horseshoe Tavern during North by Northeast, and the venue was full — though the mood was skeptical.

"It was half fans, half industry people with their arms folded, didn't really give a (crap)," Schultz recalled in a telephone interview. "The industry people were sort of wondering what the fuss was about. They were kind of put off by all the (fans), which is strange to say but it was true. The fans were like, really excited.

"It was almost like the people in the music business around there hadn't been wise to it before the fans had. They were kind of underestimating what we were doing at the time, I think, and almost looking like, '(This crowd) must be here for something else.'

"We actually thought the same thing. Because we were in Canada! We'd never been there before."

There will be no doubt when the Lumineers wind back through the country this time. They play Hamilton's Copps Coliseum on Tuesday before a pair of sold-out gigs in Toronto and another in Montreal. Their album has recently been certified double-platinum here, Ho Hey is five-times platinum and their more recent single, Stubborn Love, is gold. Schultz talked about the Grammy-nominated band's big year, following up Ho Hey and finding time to write new material.

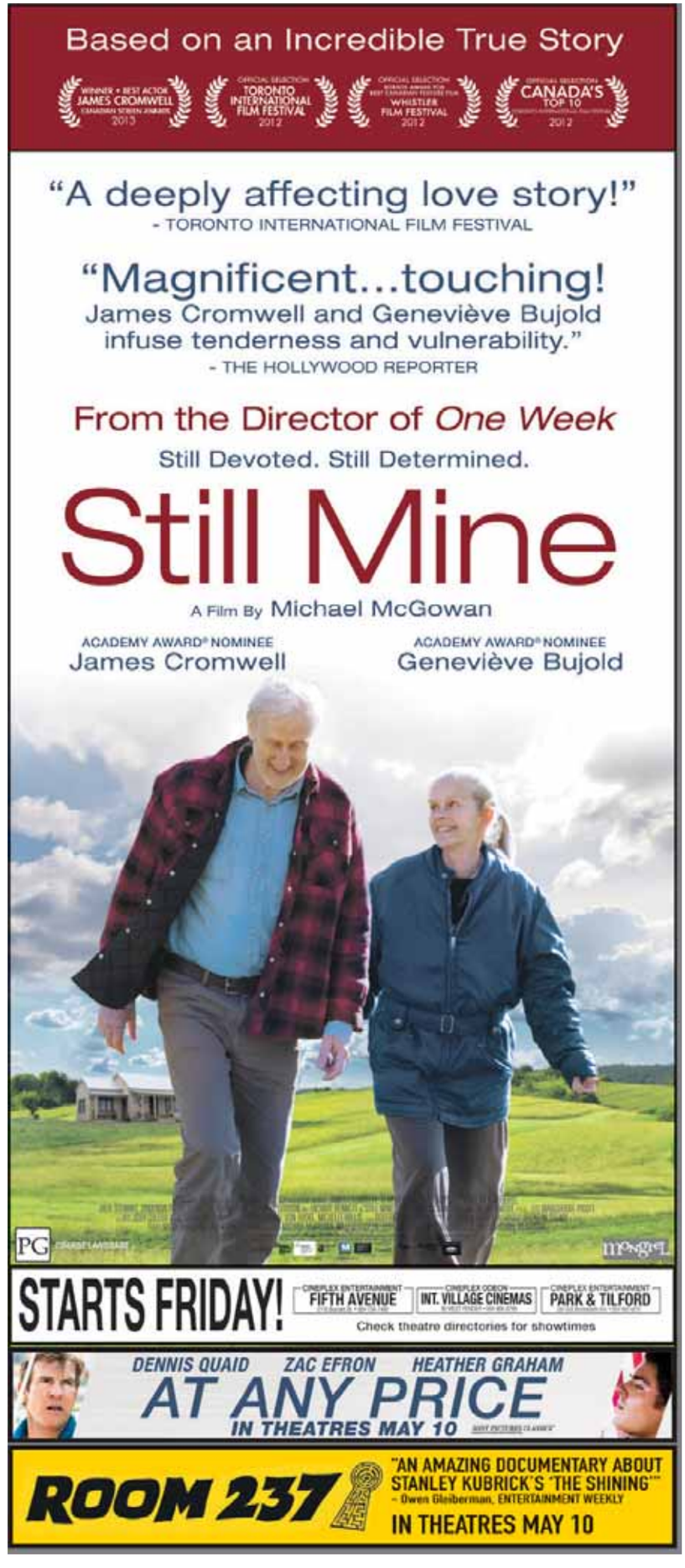
Your second single, Stubborn Love, is doing well now, with gold sales here in Canada. Is that a relief, that it wasn't just Ho Hey that would connect?
Yeah, you can never reproduce something like Ho Hey, it was just huge. It becomes this big thing, and you don't want to be known for just one thing. The other thing is that our live shows, I've noticed that Stubborn Love actually gets a bigger reaction. ... It's cool to hear that song's being played now on the radio as well. It's a scary thing to have success with one song.

And you didn't necessarily consider the band a singles-oriented act before that, did you?
No. ... Our stuff, even the way we produced the record, the album was produced in such a way that it wasn't really slick, it wasn't glossed over. So I didn't think it would see the light of day on radio — maybe some NPR-type stations. We've actually made it onto the Top 40 stations, and that was pretty weird.

Did you know early on you had a hit in Ho Hey?
I remember this hilarious moment — (though) it wasn't hilarious at the time, it was kind of (crappy). Jere (Jeremiah Fraites) and I had just recorded Ho Hey on our own, in our basement, and we were moving out of this one house and moving into this smaller, crappier house. We were showing the new tenants, these college kids moving in, the digs. Here's the bedroom. Here's the bathroom. And he saw our instruments and our computer (and) ProTools. We said, "You should listen to this song." And he was not at all impressed. It was kind of uncomfortable. It was actually a few of them, they were like: "Where's the bathroom again?" They just wanted to get out of the room. I was like, "Man, I don't know. I thought this was a really cool song. These people don't think so."

One of your bandmates recently estimated he's played Ho Hey more than 2,000 times. Are you sick of it?
(Someone) said: "Does it ever feel like you're covering someone else's song, because you play it so much?" That's the best way I can describe it some nights. You do it so much and there's not much flexibility with how you can necessarily present it every night. Sometimes we would go out in the crowd and we would play it with a lot less instruments and people would sing it for us. That was the best way to feel fresh about it. You become a little bit detached from it in some ways, but at the same time, happy to play it.

THE CANADIAN PRESS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- Owen Gleiberman, ENTERTAINMENT WEEKLY
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Twitter

@JuddApatow
I am such a hoarder I can't even close open windows on my computer.

@DanaDelaney
At the bar, met Chris & Mike from Schiavone Construction who are bringing the subway to LA. About time.

@GarryShandling
Good night. I'm now going to block myself.

Kelly Osbourne ALL IMAGES GETTY

Kelly Osbourne loses her cool with interviewer

Kelly Osbourne isn't the easiest person to interview, at least according to Daily Telegraph reporter Joel Christie, who's spilling about a particularly tense chat with the reality star. "The conversation didn't start well. She called me 'presumptuous' for calling her rumoured fiancé her fiancé," Christie reports, adding that Osbourne got testy pretty quickly. "You are trying to f—ing turn this around and get s— on my family, aren't you?" she reportedly scolded him. Christie remains miffed: "It's pretty vexing when you're screamed at for spurious reasons."

The Word

Why Jennifer's latest dress has us whispering and wondering

THE WORD
Dorothy Robinson
scene@metronews.ca

Oh man. Jennifer Aniston. What are you doing to us? How in the world can you show up to an event in what has been alternately described as a "billowy," "loose," "definitely maternity" dress? What does this mean?! Of course, it could just be that the actress is wearing a loose-fitting dress at the book launch party for Mandy Ingber's Yogalosophy: 28 Days to the Ultimate Mind-Body Makeover and we are all jumping to conclusions. And honestly, if I were Jennifer Aniston, I'd wear dresses like this until the day I die just to continuously mess with the minds of the baby-hungry public at large.

But! It seems like the actress has moved her wedding date and she's passing the blame to Brad Pitt (ex-husbands are always good scapegoats). She doesn't want to overlap with Brad Pitt and Angelina Jolie's rumoured wedding this summer, according to Us Weekly. "She does not want her day associated with them," a source says, adding that when Aniston first heard of Pitt's planned wedding date she considered moving her wedding to Justin Theroux up to take place before it, but her fiancé talked her out of that idea. "Justin got weirded out by all the rushing." Aniston has now reportedly put her wedding plans completely on hold. "Nothing has happened on that front in a month," the source says.

Maybe that's because she's pregnant?! Or not. Only time, and more billowy dresses, will tell.

Lindsay Lohan

Prison sentence looms for Lindsay Lohan if she fails to show for rehab stint

Today's the day that Lindsay Lohan has to report for 90 days of court-ordered rehab, though at press time no facility had been chosen yet, according to E! News. If she doesn't check in somewhere she will be "required to show up to court on Thursday with her lawyer in L.A.," a source says. "If Lohan does not comply with the judge's order, that would be a violation of probation that could land her in jail." But one thing's at least for sure: Lohan won't be blogging about the experience while she's locked up, despite a report that she'd be using her personal website to chronicle her rehab. "She will not be blogging from rehab, but she does plan to have her own space on the web where she can talk about her passions," another source says. "She wants a place to discuss her love of fashion, music, art and her unique sense of style. She wants to be able to connect to her fans directly."

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Multi-task makeup: a miracle or a marketing scheme?

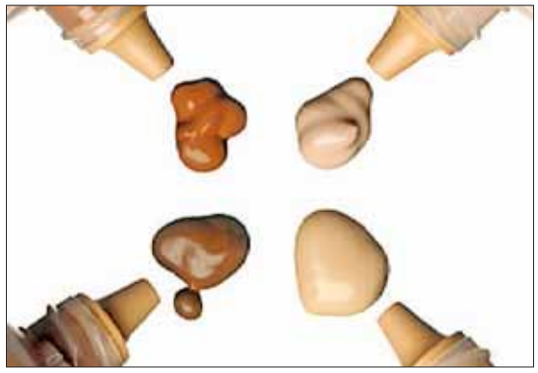
She's all that?
Alphabet skin care is surfacing not only on swanky beauty counters but also in drugstore makeup aisles. But are the multi-function creams really improving your skin or merely clogging your pores? We take a look at the pros and cons

ROMINA MCGUINNESS
Metro World News in London

By now you've probably seen, tried or become addicted to all-in-one BB creams, which promise to protect, hydrate and perfect your skin while covering your spots.

"Having a product do it all was a first in the world of cosmetics, where the colour and function of the formula usually comes first and the treatment benefits take a back seat," Kerri Bender, manager of global product development at Smashbox Cosmetics says.

And maybe you're excited to get into CC creams, which arrived this spring and are meant to even out skin tone, reduce dark spots and enhance skin radiance through optics and coverage.



Now, the beauty industry is in a frenzy over the first ever DD cream, due to hit stores in June. Produced by Julep, it will target age spots, fine lines and, yes, cover flaws.

But are all of these multi-taskers yielding results?

"To me they're marketing hype," says Mary Schook, a New York based celebrity facialist and makeup artist. "What's good about all of this is that it forced the industry to work on building better foundations. Because we haven't seen such a shift in the industry since Bobbi Brown first introduced yellow to foundation colours," Schook adds. She and Bender help us look at the pros and cons.

Face the facts

"We haven't seen such a shift in the industry since Bobbi Brown first introduced yellow to foundation colours."

Mary Schook
Celebrity facialist and makeup artist.

CONS — Mary Schook

Clogged pores

"BB creams contain so many different ingredients that the skin can't handle, such as silicone and avobenzone, which cause breakouts. BB creams are supposed to have sunscreen and avobenzone is the popular ingredient in that, hence the acne. And the silicone in BB creams create a veil over the skin that doesn't allow it to breathe. It feels like it's breathing, but it's a false thing. It's creating a barrier that's not allowing the skin to perspire the way that it should. That's what is trapping the bacteria."

Heightened sensitivity

"CC creams do give a glow to the skin. But when you have a product that claims to colour correct, the way CC creams do, you have to worry about skin character because you're taking away things that protect the skin cells. When the cells want to cause any kind of pigmentation, it's the body trying to protect itself. If you take away all of that pigmentation, or the ability for the body to do that, then the body cannot defend itself."

PROS — Kerri Bender

A simpler makeup routine

"BBs are the baseline. You don't have to be a makeup junkie to use one. If you're looking for an all-in-one product, something that is going to prime, perfect, protect, hydrate and control oil, then it's the right one for you."

They mix well with your other products

"Both BB and CC creams work for any skin type. If you require a little more hydration, use your BB or CC cream in conjunction with your moisturizer. And if you have problems with shine, you can top off your BB or CC with a finishing powder."

Julep DD Crème
$36,
julep.com

Smashbox CC Crème
$42,
smashbox.com

Dior Hydra Life BB Crème
$56,
dior.com

SAVE MONEY, TACKLE CLIMATE CHANGE

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CONTRIBUTED

As homebuying ramps up for spring, Vancity is offering a limited-time rebate of $2,000 to homebuyers who bring their mortgages to Vancity and then make energy-efficient upgrades to their houses.

Rick Sielski, chief operating officer of member services at Vancity, says the Home Energy Rebate offer reflects the values shared by both Vancity and its members around environmental sustainability. "The offer invites members to work together with us to help deal with climate change. Vancity can't do it alone," he says.

To help Vancity administer the Home Energy Rebate offer, FortisBC and Vancity are working together, with Vancity leveraging the FortisBC rebate process. Eligible FortisBC rebates include installing energy-efficient water heaters, fireplaces, furnaces or boilers. A rebate towards the cost of switching to natural gas from oil-based or propane home heating is also eligible.

The offer applies to qualifying Vancity mortgages signed between May 1 and Aug. 15. Vancity members must apply for the Vancity rebate within two weeks of signing the mortgage documents, then show proof of application to and of receipt of the eligible FortisBC rebate before receiving the $2,000 Vancity rebate.

Along with knowing they are doing their part to fight climate change by making their homes more energy efficient, homeowners taking advantage of the offer will also enjoy the benefits of money savings over the long term.

They will see their monthly energy bills fall by installing energy-efficient equipment in their homes that reduce their energy consumption.

"This offer is a great way of rewarding homeowners for choosing to make energy efficiency a priority," says Sarah Smith, director of energy efficiency and conservation with FortisBC. "For example, customers may see yearly savings on their natural gas bill by upgrading a standard efficiency furnace to a high-efficiency natural gas model or by switching their water heater from a medium sized tank to a tankless heating system."

Along with the rebate offer, Vancity is offering a mortgage program to help members and non-members who bring their mortgages to the credit union save up to $1,500 in legal and appraisal fees.

BRIGHT IDEAS CAN HELP YOU MEET YOUR FINANCIAL GOALS

DESIGN PICS/THINKSTOCK

Spring is here, and with it comes the desire for many of us to do some sprucing up — of our yards, gardens and our homes overall.

Home renovations are a significant way to improve the look and the value of a home, but they can get costly.

To help, Vancity offers a way to make home renovations that count on a number of fronts. It's called the Bright Ideas home renovation loan and it encourages homeowners to renovate in a way that makes their homes more energy-efficient. That lets them save money and help fight against climate change at the same time.

The Bright Ideas loan is in keeping with Vancity's mission of making homes and communities healthy and sustainable while offering products and services that help members reach their financial goals.

This personal loan is at a prime plus one per cent rate for up to 10 years. The low interest rate saves homeowners money compared to a conventional loan. They can borrow as little as $3,500 or a maximum of $20,000 and pay it back through flexible payments options.

To qualify, homeowners must make renovations recommended by a certified energy adviser who will tell them the best ways to reduce their energy use. The British Columbia government's LiveSmart BC efficiency rebates and other incentives that homeowners may earn from these programs are theirs to keep.

Making energy-saving renovations to a home by leveraging the LiveSmart BC Efficiency Incentive Program brings many benefits.

The program can help owners to:

- Improve their home's resale value with an energy efficiency rating.
- Create a more comfortable, appealing home.
- Fight climate change and protect the environment.
- Improve the home's energy efficiency over the short and long term.

Homeowners can apply for the home renovations loan through their branch or online through vancity.com.

The Bright Ideas home renovation loan is a way for homeowners to finance smart choices and benefit in all kinds of ways.

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Granny's farmhouse tabletop trend

Decor. Using mix-and-match tableware pieces a trend

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

For most of my adult life I have tried to veer away from anything remotely familiar to my mother or grandmother's decor styles.

Recently, I was shopping at a consignment shop and found a set of scallop-edged toile dessert plates. Not sure what I was going to do with them, I purchased them and decided to make them work at my next dinner party.

While mixing old and new is a huge trend, I figured I had my work cut out for me to incorporate them into a trendsetting table scape.

Recently, the look of farmhouse style has shown up at many home decor retail stores. This mix-and-match of humbly-worn objects can allow us to create a trendy table scape by combining our old dishes with this charming style — perfect for casual summer entertaining.

It's a table top that I think any modern grandmother would appreciate.

Fog wine glass

Hand-made, chunky and smoky make for a casual way to enjoy wine. $5, crateandbarrel.com

Placemat

Create the look of a worn table without waiting 100 years. Add textured placemats made of heavy, durable vinyl. Natural Effects Driftwood Placemat, $7, bedbathandbeyond.ca

Charger plate

Incorporate a level of formality to your table without making it feel overly traditional. Silver-Plated Charger Plate, $45, potterybarn.com

Silver-plated flatware

Look like you've "collected" cutlery from your many visits to fancy hotels. Sheffield Heirloom Silver-Plated Flatware, $145, potterybarn.com

Candle holders

Trend colours pulled from my vintage dishes help to contemporize a table. Recycled Glass Curvas Candle Holders, $29 to $39, urbanbarn.com

Bracket dinner plate

A silhouette of curves with the drama of dark grey help add a modern touch to a place setting. $6, cb2.com

Salad plate

Dig up something vintage from Granny's china cabinet and use it to inspire a table setting. Avon Cottage Scalloped Salad Plate, $20, ofthingspast.com

Platter

Organically shaped oval platters in dark grey add that touch of drama to a precious table. Scape Serve Ware Platter, $30, WestElm.com

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Opposites attract, and other secrets of the colour wheel

Into the yard. Long a companion for artists, the colour wheel can also be a handy tool for gardeners

Gardening author Sydney Eddison created a wheel that has 252 colours instead of the usual 12. That's because nature doesn't work with a limited palette, she says.

"In nature you have already been dealt this hand. You only have to learn how to play it," she says.

Even all of the tints, shades and tones in Eddison's The Gardener's Color Wheel don't capture the diversity of what's really growing out there. But she says it's a good way to start seeing colours in the garden and how they relate to each other.

"The colour wheel trains your eye to look, to really look," says Eddison, author of six books including The Gardener's Palette. "You begin to understand why certain things work, or why you like a Christmas wreath that's red and green and why you're happy to see purple and yellow crocuses together."

In both examples, the two colours are complementary — opposite each other on the colour wheel — and in colour theory, opposites attract.

In garden planning, colours are used to create either contrast or harmony, says Eddison, who has tended two and a half acres in Newtown, Conn., for half a century.

"Contrast calls attention to itself. It gives a jolt," says Eddison, 81. "Whereas harmony is a sigh of relief."

Colours adjacent on the colour wheel, such as the warm shades of red and orange or the cool tones of blue and green, create harmony together.

Train your eye

"You begin to understand why certain things work, or why you like a Christmas wreath that's red and green and why you're happy to see purple and yellow crocuses together."

Sydney Eddison, author of six books including The Gardener's Palette

Take a colour wheel into the yard to parse out particular colours. Take it to the garden centre to help pick out plants for the summer.

Then play in the soil.

Eddison recommends experimenting with colour in pots on the terrace.

"Don't force a colour theme on the garden," she warns. "It has different colours at different times of the year."

Colour also changes throughout the day, depending on the light.

Eddison changes her patio pots every year, and paints her garden furniture to coordinate.

"Sometimes my colour schemes are a little wild. I had a Crayola colour scheme one year," she says. "People were blinded by it, but I loved it."

"The year that I did yellow, white and yellow-green, that was terrific," Eddison says. "And I painted the furniture yellow."

Look to fabrics or famous artwork (Monet's paintings, for example) for colour inspiration, she suggests.

Or simply trust nature, which turns out complementary colour combinations all its own, says Betina Fink, an oil painter who teaches colour theory in Tucson, Ariz.

"There are these beautiful, naturally occurring complementary colours," she says. During spring in the Southwest, for example, prickly pear cacti sport buds and blooms ranging from yellows to purples.

Jeni Webber, a Berkeley, Calif., landscape architect and Eddison's niece, also suggests taking nature's lead. Purple, yellow, white and soft pink constitute nature's palette in California fields, she says, and they look great together.

"Nature doesn't worry about things matching," says Webber. "But usually it does."

When planning a garden, remember that cool colours, such as blues and violets, recede, says Fink. Warm colours — reds, oranges and yellows — want to take centre stage. Green — nature's most abundant colour in many places — is "the great peacemaker," says Eddison.

"Green doesn't call attention to itself or vanish," Eddison says. "It helps harmonize all of the colour schemes."

An incompatible colour scheme can be softened by incorporating more soothing green foliage. In particular, grey and grey-green foliage helps blend colours.

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6 Ways to use Scandinavian style in your spring decor

Perhaps to alleviate the dreariness of long northern winters, Scandinavian style tends toward folk-art florals, crisp checks, plaids and stripes and wood furniture left natural or painted in colours that evoke the region's natural beauty. The look is casual and easy, with playful touches and a simple yet refined vibe. If all that sounds appealing as you shake off winter's gloom, you'll find many pretty, Scandinavian-inspired decor options for spring.

THE ASSOCIATED PRESS

Speckled Blooms curtain

The light and airy Speckled Blooms cotton curtain features a hyacinth repeat in rosy pink and green on white. Pair it with a few painted furniture pieces and a striped rag rug in similar hues, and you're off to a great Scandi-style start. anthropologie.com

Ikea Isala table

An airy, pared-down version of neo-classical design was the hallmark of 18th century Gustavian design, which has become popular outside of Sweden in the last 20 years. Ikea's Isala side table is a great example, in clean white or forget-me-not blue.

Fesi throw pillows

Fesi pillows from the Philadelphia-based design house Mushmina feature a Moroccan-embroidered pattern, yet look like a snowflake or ski haus motif. Pillows are a quick and easy way to introduce Scandinavian design elements.

Amora duvet cover

An Amora duvet cover features a South American decorative motif that echoes those of Scandinavian country design. The bright colours of the embroidery are appealing, and the white background is typical of Scandesign. anthropologie.com

Glass birds

Also at finnstyle.com, find Oiva Toikka's plump little glass birds, like the Mediator Dove, made by the Finnish glass house littala.

Keisarinna Fabric pattern

Erja Hirvi's Keisarinna fabric for Marimekko, with white magnolia blossoms and branches scattered on dove grey. Available at finnstyle.com.

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DAVA DEVELOPMENTS ORIS

If you have room for a window, you have room for a garden

Convenient containers. Window boxes can deliver colour, edibles and fragrance — and they're practical, too

Sometimes the best view isn't what you see through a window, but what catches your eye underneath it.

Window boxes deliver colour, edibles and fragrance, and they elevate their contents to within easy reach.

"Window boxes are convenient containers," says David Trinklein, a horticulturist with University of Missouri Extension. "Plant them with herbs, for example, and you won't have to go outside to bring in the harvest."

Window boxes are ideal for small, shallow-rooted plants like radishes, lettuce, marigolds, pansies, begonias, parsley, basil, sage and thyme. "Mix and match flowers with vegetables," says Rhonda Ferree, an extension educator at the University of Illinois. "They need the same soil types and have the same water preferences."

The location of the window box usually dictates what you can grow, Trinklein says. "Window boxes that get a blistering afternoon sun require one thing. Window boxes in shade require another."

"There's nothing stopping window box gardeners from adding garden ornaments to their boxes," says Fern Richardson, author of Small Space Container Gardens. "Small gazing balls tucked between the plants can add a little sparkle to a shady area. Gardeners can even use short shepherd's hooks to plant a hummingbird feeder in a window box." THE ASSOCIATED PRESS

Wind, weather, water

Be careful when watering window-box gardens, says Trinklein.

- "Most plants die from overwatering in containers, but window boxes can dry out quickly from exposure to wind and hot weather," he says. "Add a soilless medium like vermiculite or peat moss to the mix that drains well yet retains moisture and lightens their weight."

Primroses and daffodils spruce up a simple window box on an outbuilding display at the Northwest Flower and Garden Show in Seattle. DEAN FOSDICK/THE ASSOCIATED PRESS

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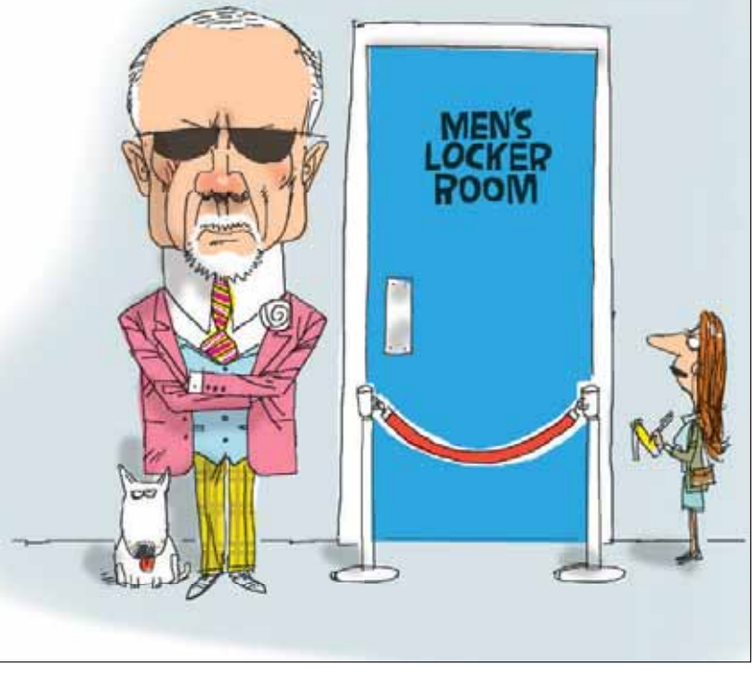

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Brighter days are on the way for your home

Simple tips. Plants, window treatments and lighter fabrics can help bring springtime's new life into your living space

Preparing your home for warmer weather is easier than you think. To create a brighter, more organized home, try these simple tips from Sally Morse, director of creative services at Hunter Douglas, a leading name in custom window fashions:

Welcome in the natural light
Updating your window treatments is an uplifting and impactful decor change that can easily be made. New window fashions will not only look stylish and beautifully filter light for a glowing room, they will also provide unlimited practical benefits.

Morse suggests using Nantucket window shadings, a line that is streamlined and casual and also features soft fabric vanes suspended between two sheer facings. These allow you to have a view and, even with the vanes open, they filter up to 88 per cent of the sun's harmful UV rays.

Bring Nature In
As Mother Earth comes to life again, it's a great time to bring that life indoors with easy-to-maintain plants and flowers.

Additionally, to make your indoor and outdoor spaces feel seamless, use the same planters on your patio and entryway as in your foyer and kitchen. And don't forget about the flowers — add bouquets to spread a cheerful dose of colour around the home.

Lemony fresh
Appeal to all five of your senses this springtime. After your initial scrub and sorting and clearing of clutter, extend that fresh scent by adding a lemon-scented diffuser. They are a great way to bring a pleasing, calming scent into your home, while avoiding the potential danger of burning candles. Purchase the diffuser or try creating one affordably yourself.

Lighter linens
For a refresher that goes a long way, try brightening up the home with lighter fabrics. Swap out heavier, darker fabrics such as rugs, pillow covers and towels for lighter ones both in texture and colour. Top beds with a lightweight blanket, folding the comforter and placing it at the foot of the bed for chilly evenings.

With a little work and a few additions, you can happily enjoy the coming months with a clean, orderly, beautiful home. NEWS CANADA

Don't get overwhelmed

If cleaning and clearing away clutter seems overwhelming, Morse has a simple trick to help calm your nerves.

- "Try setting the kitchen timer for 15 minutes per area like the bedroom closet, pantry or foyer. Just telling yourself you're going to de-clutter the home in one weekend sounds draining," she says. "Rather, split up the tasks into smaller ones so you stay focused and don't get lost in the process."

Nothing says warm weather like a sun-soaked room, so be sure to create a livable one with new window shadings. NEWS CANADA

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Make your garden walls come alive with living art

Looking for a fresh way to liven up your garden walls? Think plants, not paintings.

Living pictures have caught on among designers and landscapers as an easy, modern way to add colour and texture to outdoor spaces. They are also nearly maintenance-free, so even beginners can look like the master gardener of their neighbourhoods. Here's how you can create your own living succulent picture:

Pick your style
There are a few ways you can go: For a larger picture, use a wooden pallet, framing out the back like a shadow box. But going big right away can be daunting, so many newbies stick with smaller frames.

Go vintage with an antique frame or finish, or build your own out of local barn wood. Chunky, streamlined frames like the ones you can buy at Ikea give a more modern feel.

You'll also need a shadow box cut to fit the back of the frame, and wire mesh to fit over the front if you're going to make your own.

First, nail the shadow box to the back of the frame. Set the wire mesh inside and secure it with a staple gun, then nail a plywood backing to the back of the shadow box.

Take cuttings
Almost any succulent can be used for living pictures, but it's usually best to stick with varieties that stay small. Cut off small buds of the succulents for cuttings, leaving a stem of a quarter-inch long.

Make sure any old bottom leaves are removed, then leave the cuttings on a tray in a cool, shaded area for a few days before planting.

Add soil
Set the frame mesh-side up and fill with soil, using your hands to push it through the mesh openings. Be sure to use cactus soil for better drainage.

Fill in with plants
Now comes the fun part. Lay out the cuttings in the design you want on a flat surface, and poke them into the wire mesh holes in your frame.

You can start either in one corner or by placing the "focal point" cuttings in first and filling in around them. Waves or rivers of colour are popular living-picture designs, although using just one type of succulent is also a simple yet elegant option.

THE ASSOCIATED PRESS

A living picture made with cactus, haworthia, hoya, peperomia and other greenery. CAITLIN ATKINSON/ FLORA GRUBB GARDENS/THE ASSOCIATED PRESS

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Adding light under your cabinets give it a subtle glow. ISTOCK IMAGES

Spruce up your kitchen for spring

DIY ideas. Brighten it up with a hint of colour, lighting and decor that gives your space a fresh look without breaking the bank

As the grey skies and dull days of winter are now behind us, give your kitchen a fresh facelift for the spring.

Get more economical and clever kitchen design ideas from I Hate My Kitchen on DIY Network Canada.

See the light
Installing lighting under kitchen cabinets can be an easy and inexpensive way to add a subtle glow and brighten up a room. Low-voltage xenon lightbulbs are cost effective with a long life, and are a great way to enhance your counters and shelves.

This extra ray of light will help with food preparation while also creating a dramatic effect at night.

True colours
Add a splash of colour with affordable kitchen accents like vibrant storage boxes. It's as easy as purchasing a few old wooden crates and spray painting them with vivid tones. These accent pieces can also be used to store extra dishes, utensils, cookbooks and any other items that need to be packed away.

Sticky situation
Create a fun design on your kitchen walls without calling in the painting professionals. Wall decals come in a variety of colours and designs to suit different tastes. It's as easy as sticking the decal onto your wall and then just peeling it off when you're ready to move on to your next design.

Scratch the surface
Add texture to your kitchen walls with a unique backsplash using versatile materials such as salvaged wood scraps from an old cottage, photocopies of favourite recipes, or even a vintage vinyl tablecloth. This serves as a budget-friendly and simple way to freshen up your kitchen space on a whim, without having to make any long-term decisions.

Out in the open
Create an open concept storage setting by stacking colourful dishes on uncovered shelves. Bright and vibrant dishes can be so much more than just serving items for meals. They can also become beautiful displays to liven up your kitchen. Just make sure they're clean when on display.

I HATE MY KITCHEN PREMIERES TONIGHT AT 10PM ON DIY NETWORK CANADA. DIY NETWORK CANADA WILL BE IN FREE PREVIEW FROM NOW UNTIL THE END OF MAY

Snack. Fruit & Nut Clusters

This recipe makes 12 clusters. THE CANADIAN PRESS H/O

These fruit and nut clusters make a decadent treat. "They're yummy and contain a little more protein than if you just had a nut cluster," says Marilyn Smith, editor of The Vegetarian's Complete Quinoa Cookbook.

Ingredients

- 175 g (6 oz) bittersweet chocolate, coarsely chopped (70-75 per cent cocoa mass)
- 125 ml (1/2 cup) quinoa puffs
- 125 ml (1/2 cup) dried cranberries
- 125 ml (1/2 cup) whole almonds, coarsely chopped

1. Line a large baking sheet (42 by 28 cm/17 by 11 inches) with parchment paper and set aside.

2. Place chocolate in a medium microwave-safe bowl. Microwave at medium for 1 minute, stir, microwave one more minute at medium and stir again until completely melted. (Depending on your wattage, this could take longer than 2 minutes. The trick is to add more time in 5-second intervals, as you don't want to scorch the chocolate. Stir until chocolate has completely melted.)

3. Add quinoa puffs, cranberries and almonds. Stir to combine.

4. Drop 12 equal spoonfuls of the chocolate mixture on prepared baking sheet.

5. Let set until firm, about 30 minutes, or refrigerate.

THE CANADIAN PRESS/ THIS RECIPE APPEARS IN THE VEGETARIAN'S COMPLETE QUINOA COOKBOOK BY THE ONTARIO HOME ECONOMICS ASSOCIATION. EDITED BY MAIRLYN SMITH (WHITECAP, 2012).

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The Station, built by Aragon Properties, and ready for occupancy in 2013, offers all the features you'd expect in a luxury condominium building. From quartz countertops, to hardwood floors, and stainless steel GE Café series appliances to our iconic brick interior feature walls, you'll be amazed at all that you'll find in this new building. Best of all, there's Geothermal Heating and Cooling, helping you achieve incredible savings in heating and cooling costs, while doing so with the environment in mind.

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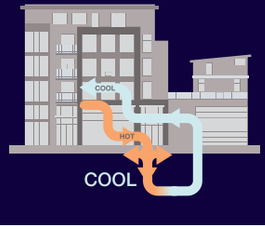
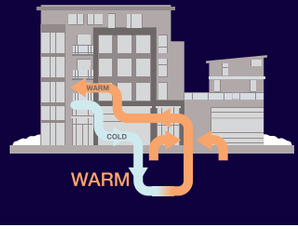
25th ANNIVERSARY
ARAGON

HOT TEMPERATURE



COLD TEMPERATURE



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metro
HOME RENO
Thursday, May 2, 2013

Think sunshine in a paint can

Mellow yellow. Yellow paint — no matter what the shade — can bring renewal into people's lives

Dulux Prairie Grass. CONTRIBUTED

Dulux Daisy Chain. CONTRIBUTED

Dulux Kansas Corn. CONTRIBUTED

Dulux Sugar Cane. CONTRIBUTED

It may not be our favourite colour, but when it comes to painting our walls, yellow is the No. 1 choice worldwide.

That's the finding of an international survey conducted on behalf of Dulux® paint. The study shows that while blue is the most popular colour in the world, preferred by 36 per cent of people, the picture changes when you look at actual sales volume of paint colours.

"For every can of blue wall paint sold, you can almost fill an Olympic-size pool with the yellow paint that's purchased over the counter," said Martin Tustin-Fuchs, brand director for Dulux paint, pointing out that yellow is actually cited as the least favourite colour worldwide, with only five per cent of people favouring it.

"When presented with paint swatches, however, most people seem to like yellow — as long as it's called something other than yellow, that is," Tustin-Fuchs said. "Paint names like buttercup, vanilla and champagne are more attractive to consumers."

While all kinds of yellow shades adorn Canadian walls, studies show off-white yellows take top spot in our homes. Tustin-Fuchs offered these tips on how to pick the best shade of yellow for your rooms:

Sunny yellow: Infused with a tinge of orange, sunny yellow does wonders in lighting up a poorly-lit room. Try painting this bright shade on both walls and ceilings and it will appear to mimic sunlight — even on cloudy days.

Mellow yellow: Cream tones tinted with yellow create a relaxing retreat in any living space. Soft and light, earthy yellows warm up smaller spaces, like bathrooms and vestibules, without overwhelming them. Warm yellow is also a good option for a master bedroom.

Citrus yellow: Known to energize and increase the appetite, cheery lemon yellow is a good option for eating areas. Reflecting a high amount of light, this shade works well in any kitchen or as an accent wall in a dining area.

Banana yellow: Warm tropical yellows work particularly well with neutral or wood furnishings. Best used in a family room or living area, banana yellow emits a welcoming, upbeat feel that wraps a person in warmth.

"Simply put, yellow paint is sunshine in a can," Tustin-Fuchs said.

METRO NEWS SERVICES

PROBOND ADVANCED A MUST-HAVE FOR DIYERS AND HANDYMEN

If there is a glue to keep stashed in your back pocket as a home reno helper, Elmer's ProBond Advanced might just be it.

This non-toxic, acrylic-based glue launched by Elmer's earlier this year has full bragging rights. It doesn't require the surface dampening that a polyurethane does, yet it's packed with all of the other advantages. Think professional strength with the ability to adhere nearly any surface, without the foamy mess.

ISTOCKPHOTO/THINKSTOCK

"When a polyurethane glue is used on two non-porous surfaces — i.e., sheet metal and glass — as the glue dries it foams, causing the pieces to separate and glue to drip over the edges, making it difficult to sand off and clean up" says Monica Lee, associate product manager for Elmer's Canada. "ProBond Advanced goes a step beyond polyurethane, working on all the same surfaces, but it doesn't foam when it dries and is easy to clean up with just water. In addition, ProBond Advanced is 100 per cent performance guaranteed. Consumers can return the product if they are not satisfied with its results."

ProBond Advanced is suitable for both indoors and out. This handyman and DIYers glue is a must-have when it comes to fixing and building things around the house. ProBond Advanced is available in 60 ml and 118 ml bottles, retailing for approximately $6.29 and $9.99, respectively.

Budget. Simple projects can lead to savings

Renovations aren't just about updating the design and comfort of your home or cottage, they can also be a great way to incorporate better approaches and sustainable technologies that cost very little, but lead to big savings.

It's often hard to know where to start when considering a green renovation. If you are considering a partial or full home renovation and want to go green, visit cagbc.org/greenhomes for a valuable list of resources, including local architects, advisers or contractors who are best qualified to help.

Here are some simple tips to get you thinking about renovating your space with an eye to saving — both money and the environment:

• Often in renovations you have the opportunity to fill uninsulated spaces to make them more energy efficient. To go green, consider rock wool or cellulose insulation. Both are available at most home renovation centres and contain recycled content, are made in Canada, and have the potential to reduce your monthly heating costs.

• The biggest single electricity user in an average gas-heated home is your refrigerator. While renovating a kitchen, consider recycling your old fridge (many utility companies will pick it up for free) and purchasing an Energy Star fridge. Choosing a smaller size will also reduce the monthly energy cost. Compare the EnerGuide rating that is listed on each fridge before you buy one — this will tell you which ones will save you the most energy and the most money.

• Reducing water use and hot water bills when renovating your bathroom is easy. Installing a low-flow or low-flow dual-flush toilet can reduce your water use by up to 25 per cent. A smart way to sort through what works best is to visit map-testing.com.

• Did you know showers use about 40 per cent of the hot water in your home? Installing the right low-flow shower head, especially one that is 1.75 gallons per minute (GPM) or less, will save you up to 30 per cent.

• When looking to replace or install new windows, look for those that are Energy Star rated for zone C or D. You could also consider installing casement windows, which tend to be less drafty as they age when compared to slider and double hung windows. **NEWS CANADA**

A fresh coat of paint can give your home an updated look and feel — and it doesn't have to cost a lot of money. DIGITAL VISION/THINKSTOCK

Choose 'smart' renovations

Many Canadians are interested in knowing the "smartest" household renovations to make to receive a good return on their investment. Although there are many variables that affect the value of a home, the Appraisal Institute of Canada (AIC) offers these general tips to Canadian consumers.

1 Choose improvements with long life expectancy. Roofing, energy-efficient heating and cooling systems, and windows can provide homeowners worry-free home improvements for as long as 10 to 15 years.

2 Invest in modern updates in high-traffic areas. Update the core rooms of your home such as the kitchen and bathroom. This can be as simple as changing door knobs, resurfacing cabinets, or replacing fixtures and countertops.

3 Don't underestimate the value of inexpensive updates. A fresh coat of paint, modern lighting fixtures, light landscaping or gardening, or upgraded door handles can give your home an updated look and feel — and it doesn't have to cost a lot of money.

4 Consider energy-efficient renovations that have a high return relative to cost. Energy-efficient renovations are considered one of the highest paybacks relative to cost.

5 Be careful about over-improvement. Consider your neighbourhood and the expectations of buyers in your area when planning your next renovation project.

6 Think about your personal needs. How much you spend on improvements will depend on how long you plan to live in your home. If you are thinking shorter term, smaller and less-expensive improvements may be your best bet to recover your investment.

7 Be sure to get a building/renovation permit. Take the time to obtain the proper building permits from your municipality or appropriate authority. This is a good step to ensuring that the renovation work complies with the building codes.

METRO NEWS SERVICES

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San Jose Shark James Sheppard checks Vancouver Canuck Andrew Ebbett into the Sharks bench during Game 1 of their first-round playoff series at Rogers Arena on Wednesday. DARRYL DYCK/THE CANADIAN PRESS

Shark-shooter Boyle wins it for San Jose

NHL playoffs.
Canucks fail to rise to the challenge, dropping Game 1 of the Western Conference quarter-final

CAM TUCKER
cam.tucker@metronews.ca

Game 1

SHARKS	CANUCKS
3	1

For two periods Wednesday evening, the Vancouver Canucks were the second-best team on the ice.

The San Jose Sharks, on the road, came into Rogers Arena and carried the opening 20 minutes, then scored the winning goal in the third period to take Game 1 of the Western Conference quarter-final by a score of 3-1.

True, the Canucks were the more physical team. But in terms of carrying the play, the Sharks had the home team thoroughly foiled.

Dan Boyle scored the winner just before the midway mark of the third period.

The smooth-skating defenceman parked himself in the slot, patiently waiting for the puck to arrive.

And — wouldn't you know it — that's exactly what happened.

The Canucks couldn't clear the zone, and a loose puck — or perhaps a clever but subtle pass from Tommy Wingels — on a scramble in front of Roberto Luongo came right to Boyle.

Boyle buried his shot into a wide-open net.

Kevin Bieksa scored the lone Vancouver goal.

Soccer

Whitecaps advance to Amway Canadian Championship

The Vancouver Whitecaps clinched a spot in the Amway Canadian Championship final after comfortably beating FC Edmonton 2-0 in their semifinal second leg at BC Place on Wednesday night.

The home side stamped its authority on the match from kickoff and secured the 5-2 aggregate result courtesy of two second-half goals, including a 35-yard first-time strike from substitute Corey Hertzog.

Midfielder Russell Teibert set up the American for his 58th-minute effort. Then nine minutes later, Teibert helped seal the win when FC Edmonton's Shaun Saiko headed his corner kick into the net for an own goal.

Vancouver will face Montreal in a two-game final on May 15 and 29. The Impact dumped Toronto FC 6-0 on Wednesday to win 6-2 on aggregate. THE CANADIAN PRESS

WHL

Giants pick first in bantam draft

The Vancouver Giants go into Thursday's Western Hockey League Bantam Draft with the first-overall pick.

It's expected the Giants will select Tyler Benson of the SSAC Southgate Lions in the Alberta Major Bantam Hockey League. In 33 games this season, Benson scored 57 goals and had 146 points. METRO

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Horoscopes

♈ Aries
March 21 - April 20
Today's planetary picture urges you to enjoy the social side of life. You may have a long journey ahead of you but that does not mean you cannot pause to smell the flowers along the way.

♉ Taurus
April 21 - May 21
Why so uptight? Is it because you think a secret is being kept from you? It does not matter what the rest of the world is doing. It matters only what you are going to do next.

♊ Gemini
May 22 - June 21
You seem to be much in favour with loved ones and friends at the moment, which is good. But don't let their kind words and attention distract you from your most important tasks. There's work to be done.

♋ Cancer
June 22 - July 23
Try to relax and take setbacks in your stride. There will always be things that don't work out the way you want them to — you'll never change that. What you can change is your own attitude. Be confident.

♌ Leo
July 24 - Aug. 23
Someone you don't always get along with seems remarkably friendly at the moment. Is this a genuine change of heart or is it a trap? They just want to draw a line on the past.

♍ Virgo
Aug. 24 - Sept. 23
Is someone at work causing you grief? If so it may be a situation of your own making. Try not to be quite so competitive today. Co-operation is the key to success.

♎ Libra
Sept. 24 - Oct. 23
You seem to think that you alone know how to resolve a tricky situation. Maybe you do but it will still pay you to get other people involved, and that means listening to all opinions.

♏ Scorpio
Oct. 24 - Nov. 22
Now that Mercury has moved into your opposite sign, you should find it easier to reach out to people you know and those you will need to know to further your ambitions.

♐ Sagittarius
Nov. 23 - Dec. 21
It is always easy to see the worst in people but today you should look for the best in them. It's there, if you open your eyes wide enough to see. Look in the mirror and greet your own good side too.

♑ Capricorn
Dec. 22 - Jan. 20
If someone asks what you think of something they have done today, tell them you think it's fantastic, even if you don't. They could do with a confidence boost and you're just the one to give it to them.

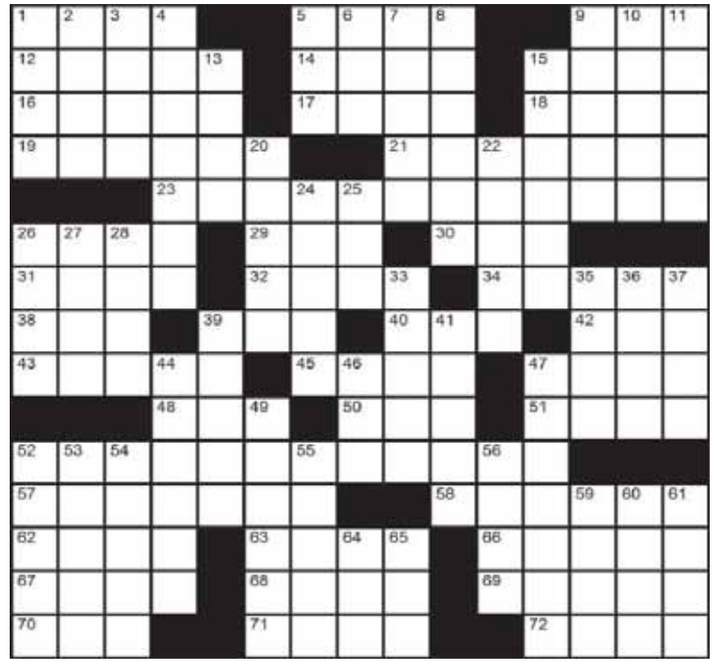
♒ Aquarius
Jan. 21 - Feb. 19
The trick you need to master now is making others believe you are not as smart as you are. If rivals underestimate what you can do, you may catch them off guard and beat them to the prize.

♓ Pisces
Feb. 20 - March 20
Modesty comes naturally to you and that's good because someone will go out of their way to talk you up. It's nice to be flattered, of course, but what is their motive? SALLY ROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

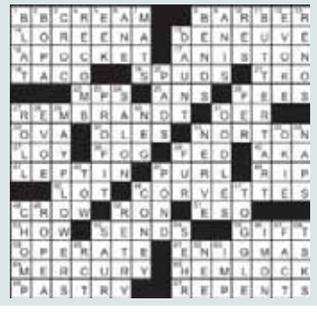
BY KELLY ANN BUCHANAN



Across
1. Catherine __ (Henry VIII's sixth/last wife)
5. Mr. Bunny
9. Some computers and printers, e.g.
12. "The Love Boat" bartender
14. Swedish furniture store
15. Hair: __ Plus 2 in 1
16. Flagstones-created retreat
17. Horse gait
18. Pinocchio, sometimes
19. Witch's works
21. "Umbrella" singer
23. #99: 2 wds.
26. Plant-growing pet
29. Thor Heyerdahl's raft, __-Tiki
30. Pastureland parent
31. TV classic, "I Love __"
32. The 'E' in QED
34. Archie Bunker's wife
38. Gone†by
39. Message regarding health or safety, e.g.
40. 'Dull' suffix
42. Thought something was groovy
43. High IQ society
45. Price __
47. Tapestry thread
48. Phone's 8 letters
50. Part, puny-ly
51. Chows down
52. Eastern mountains stretching The States to Quebec/Maritimes
57. __ Falls, Ontario
58. Second Cup servings
62. Great dancer Mr. Kelly
63. Exist
66. Single-named songstress
67. Decorated, as cupcakes
68. 'Persist' suffix
69. Mr. Savard, Hockey Hall of Famer
70. Snake-like splasher
71. Region [abbr.]
72. Think, archaically

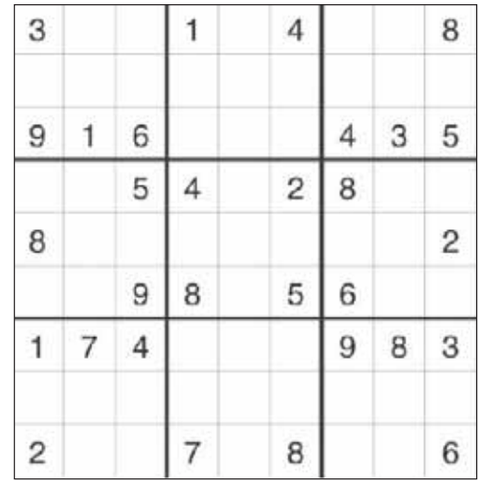
Down
1. Singers for Gladys
2. Hurried office memo letters
3. Appraise
4. Canadian National __
5. Fragment
6. Kiev's li'l land
7. Christopher Plummer film role, Captain __ von Trapp
8. Form of comedy
9. Ketchup brand
10. Buffoonery
11. '80s rockabilly hit: "__ Cat Strut"
13. Coca-__
15. Gold-__
20. Comic actress Wanda
22. Shaped with an axe
24. Ms. Jones of song
25. 'Phenom' add-on
26. Beach sighting
27. Massive
28. PC picture
33. "Star Trek" star George
35. Light bulb meaning!
36. __ of hair
37. Tiny tallnesses
39. Ms. Abdul
41. Sceptre-holder's characteristic
44. Put on, as plays
46. Suffix with 'Ghoul'
47. Canadian airline
49. Scoundrel of yore
52. Rolling Stones ballad
53. Period __ (Historic flick)
54. __ of experts (TV debate show guests)
55. British actor Michael
56. Captures
59. Unit of pressure
60. Cogito __ sum (I think therefore I am)
61. Distort
64. Pre-DVD machine
65. Always, fancy-style

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

5	1	2	4	9	8	6	7	3
9	8	7	6	3	2	1	4	5
3	6	4	7	1	5	2	8	9
2	4	8	3	5	9	7	6	1
1	3	9	2	6	7	4	5	8
6	7	5	8	4	1	9	3	2
8	5	1	9	7	6	3	2	4
4	9	6	5	2	3	8	1	7
7	2	3	1	8	4	5	9	6

Today 14°/8° Partly sunny
Friday 18°/11° Sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

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1 oz gold Maple Leaf	$1,627.02
1 oz. Krugerrand	$1,573.75
Sovereign	$368.56

Antique Jewellery

Silverware

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Item/Description	The Other Buyers Pay	J&M Pays
10kt scrap gold, per gram	$15.90	$19.24
14kt scrap gold, per gram	$22.29	$27.02
1 oz. Recognized Gold Bar	$1,547.39	$1,617.14
1 oz. Gold Maple Leaf Coin	$1,579.96	$1,627.02
Sterling Silver, per Gram	$0.59	$0.74
Silver Canadian Coins from 1966 and earlier, per $1 face value	$14.36	$15.71

Prices in this ad based on gold @ U$1,601.72 and silver @ U$29.30 and a USD/CAD exchange rate of 1.0128 on February 19, 2013, the day this ad was created.

Silver Coins and Bars

1 oz. silver bar	$30.43
10 oz. silver bar	$307.42
100 oz. silver bar	$2,983.05
1 oz. silver Maple Leaf	$30.79

Watches

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Canada Collector Coins

1948 $1	$900.00 and up
1890H 50¢	$500.00 and up
1875H 25¢	$200.00 and up
1889 10¢	$350.00 and up
1921 5¢	$4,000.00 and up
1923 1¢	$14.00 and up

Silver Coins *Per $1.00 Face Value*

Canada 1968	$9.58
Canada 1967	$12.25
Canada 1966 and earlier	$15.71
USA 1964 and older	$19.07

Scrap Gold *Per gram*

10kt	$19.24
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18kt	$34.81

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